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Boys uploaded video on how to kill teacher

Investigation. Castlegar youths the focus of RCMP, school district attention after clip found on YouTube

A B.C. school district is investigating after two boys from Castlegar posted a "disturbing" video online in which they demonstrate ways to kill a teacher.

Kootenay-Columbia school district Supt. Greg Luterbach confirmed Wednesday the district is aware of the video and that they have identified the two boys who acted in it.

"It is disturbing and highly inappropriate," he said.

The video, which was first posted on YouTube, shows two boys displaying what appear to be toy guns while detailing in crude language ways to kill a teacher, who they refer to as "Ms. D."

Luterbach said the school district is working with Castlegar RCMP, and it is also conducting its own investigation to assess the "violent-threat risk" of the video.

Mounties initially thought the two boys were from Nanaimo after a local newspaper was contacted by a Florida radio host who came across the video on YouTube.

The Nanaimo-Ladysmith school district then investigated the video but could not identify the boys, prompting RCMP to look elsewhere.

Child-psychology expert Andrew Scott Baron said the boys' behaviour in the video is concerning.

"There's certainly some empathy lacking there, and I'd be particularly concerned about what in their environment they're exposed to," he said. "They're a little too cavalier about inflicting such egregious harm."

Baron said he hopes the boys' parents have them speak to a psychologist, who can help determine if there is a serious risk as well as help the children deal with being thrust into the public eye. THANDI FLETCHER/METRO

SITE C WILL BE BUILT, CEO VOWS

BC Hydro president and CEO Jessica McDonald addresses a Vancouver Board of Trade luncheon in Vancouver on Wednesday. McDonald promised the contentious $8.8-billion Site C hydroelectric dam will be built, despite overwhelming opposition and court challenges. Story, page 6. DARRYL DYCK/THE CANADIAN PRESS

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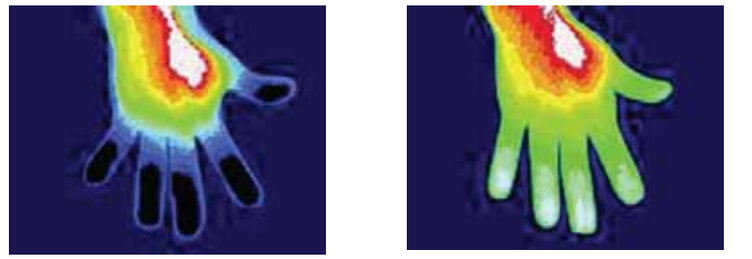

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Crime

Police find Alberta fugitive hiding inside a Vancouver sofa

A fugitive from Alberta will be sent back home after a Vancouver police dog tipped officers off to his hidey-hole in a sofa.

Adam Harlock fled Alberta after he was ordered to begin serving a three-and-a-half-year sentence for drug offences, according to a VPD release.

Armed with a search warrant, officers entered an East Vancouver home where the fugitive was thought to be hiding. Officers scoured the residence and were ready to give up on what seemed like a fruitless search.

The dog wasn't so easily fooled.

After noticing the animal was intrigued by the sofa, officers lifted it and peeled back the fabric on the bottom to reveal the fugitive hiding inside.

"In my 24 years of police service, I have never in my career seen a suspect hide inside the body of a sofa," said Insp. Ian Upton.

Harlock will be returned to Alberta to begin serving his sentence in what will presumably be a more sparsely furnished environment.

ANDREW FIFIELD/METRO

A service dog sniffed out a fugitive's hiding place inside this couch. THE CANADIAN PRESS

Dog walker set to face sentencing

Emma Paulsen, a dog walker who pleaded guilty to two charges after the deaths of six dogs in her care, arrives for a sentencing hearing at provincial court in Surrey on Wednesday. The Crown is calling for three to six months in jail, a $10,000 fine, a lifetime ban from looking after animals and a 10-year ban on living with any animals. The defence is asking the judge to impose a conditional sentence to be served in the community so Paulsen can continue to work. Paulsen will be sentenced on Jan. 28.

DARRYL DYCK/THE CANADIAN PRESS

Saanich mayor wants to get on with business

Scandal. Richard Atwell says he has apologized to his wife for having an extramarital affair

The beleaguered mayor of a Vancouver Island community says he's putting personal and business distractions behind him and wants to get on with the job of running the District of Saanich.

Richard Atwell said in an interview Wednesday that he apologized to his wife for having an extramarital affair and he welcomes an investigation by British Columbia's privacy watchdog into his allegations that spyware was installed on his work computer without his consent.

Atwell, 44, said he's faced a personal and political onslaught in recent weeks, but with the support of his family and the public, he will get through this trying period.

"I'm tough. I'll get through this," he said. "(With) a lot of public support. I have a lot of family support. I've got my wife behind me.

"We're just going to rely on the authorities to help get some of the answers that everybody's looking for now, and the business of the District of Saanich continues."

Privacy Commissioner Elizabeth Denham said she's been watching developments in Saanich and decided to investigate whether the use of Spector 360 software in the district complies with the Freedom of Information and Protection of Privacy Act.

Denham's decision follows a Jan. 12 news conference at which Atwell admitted to an affair, alleged his municipal-hall computer was bugged and said Saanich police had stopped him four times on groundless suspicions of drunk driving.

Atwell said he was pleased that Denham was investigating his claim.

"It's something that affects all municipalities, all our government bodies."

The mayor said he no longer uses the district's computer but is still able to conduct his civic duties with his own devices.

Atwell said he took his concerns about the legality of the software to Saanich police last month, but police told council that an investigation found no criminal wrongdoing on the part of municipal staff.

Atwell said he has no plans to resign as mayor or step down as chairman of the Saanich police board, but he acknowledged his first few weeks as mayor have been a learning experience.

THE CANADIAN PRESS

At a glance

Mayor Richard Atwell has asked the Office of the Police Complaint Commissioner to investigate how details of a domestic dispute he was involved in on Dec. 11 became public.

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Abbotsford. Homeless camp gets support in suit

The B.C. Civil Liberties Association has been granted intervenor status in a homeless camp's constitutional challenge against the City of Abbotsford's bylaws.

The homeless, represented by the Pivot Legal Society and Drug War Survivors groups, argue city bylaws forbidding them from erecting temporary structures in public parks are unconstitutional in absence of adequate shelter and social housing.

More than 170 homeless people have been scattered — many living along Gladys Avenue — since a court-ordered injunction allowed the city to evict campers from Jubilee Park in late 2013.

An application to have the injunction lifted in the face of numerous delays to proceedings was denied by the Supreme Court of British Columbia in December.

BCCLA lawyer Laura Track said the organization plans to use its newly granted intervenor status to provide the judge with a broader context of homelessness and how it relates to the Charter of Rights and Freedoms.

"People have to be able to protect themselves," said Track.

A court decision in 2009 struck down a similar bylaw preventing the homeless from setting up camp in Victoria, but Track said the case has failed to set a precedent in other cities.

A second victory could put more pressure on all municipalities to revisit their own bylaws, she said.

The six-week trail is scheduled to start in June.

MATT KIELTYKA/METRO

Civil suit. RBC alleges theft of $200K was an inside job

Royal Bank of Canada is accusing two former employees who worked at a Vancouver branch of orchestrating a pair of robberies worth more than $200,000.

The bank has filed a civil suit in B.C. Supreme Court, alleging Jeffrey Ho Nam Lau and Maradona Hoang Vu helped an accomplice steal more than $180,000, as well as $20,000 in U.S. currency, from a vault. The alleged accomplice, Hau Ngoc Nguyen, is also named in the lawsuit.

None of the allegations have been proven in court and the men named in the civil suit have not been charged, though Vancouver police are investigating.

The bank's statement of claim says the money was stolen on two occasions, first on Dec. 30, 2013, and then on Jan. 31, 2014, while Lau and Vu both worked at the branch. The pair were also roommates, the document says.

The bank alleges the pair copied a vault key and shared lock combinations and then led Nguyen into the vault under the pretence of accessing a safety deposit box.

The statement of claim says police arrested Lau and Vu in March 2014 and found $11,000 in a safety deposit box that Nguyen maintained at a different bank.

Lau and Nguyen have filed documents denying the allegations, while Vu has yet to file a response. THE CANADIAN PRESS

Transit tax wouldn't hurt retail: Advocate

Langley. 'Yes' vote in upcoming plebiscite wouldn't spur shopping exodus, says former city council candidate

MATT KIELTYKA
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Commuters board a bus in Vancouver. A transit advocate says a proposed 0.5 per cent difference in sales taxes between Metro Vancouver and the Fraser Valley Regional District would have minimal impact on Langley businesses.

JENNIFER GAUTHIER/METRO FILE

A new 0.5 per cent sales tax would have minimal impact on Langley businesses fearful of losing business to cross-region rivals, a transit advocate says.

Nathan Pachal, former Langley city council candidate and founder of the South Fraser OnTrax transportation advisory group, believes research on cross-border tax evasion in Washington state (which borders sales tax-free Oregon) should be reassuring to local businesses.

Because of an 8.95 per cent difference in sales taxes between Washington and Oregon, cross-border shopping is a major issue in cities like Vancouver, Wash., which is just a bridge crossing away from Portland.

"It's like crossing the river from Surrey to New Westminster," said Pachal.

A 2014 report from the Washington State Department of Revenue estimated its border counties would lose nearly $3 billion in taxable retail sales to Oregon that year.

However, the department also developed a formula to calculate the impact various levels of tax differentials would have on cross-border shopping.

Using that data, Pachal calculated that a 0.5 per cent difference in sales taxes (as would be the case for Metro Vancouver and the Fraser Valley Regional District should voters choose "Yes" in the upcoming plebiscite) would only cause a 0.67 per cent loss of retail revenue in the more expensive jurisdiction.

"I think it shows that (a 0.5 per cent tax) isn't that huge of a challenge for consumers," said Pachal.

Any loss of business, he argues, would be offset by the benefits of a light rapid transit line from Surrey to Langley and planned bus and road improvements (which hinge on the proposed Congestion Improvement Tax).

The Greater Langley Chamber of Commerce remains opposed to the tax and its president, Kristine Simpson, says the impact on Langley businesses remains unknown despite Pachal's legwork.

"I think it's going to be different for certain industries and some could be hit hard," said Simpson. "Everyone keeps focusing on single purchases, but it can add up. There are a lot businesses that sell agricultural equipment and feed and volume. Buyers could go to Abbotsford instead when it's a matter of going five minutes in either direction."

Langley car dealers have also spoken out with their concerns, though Simpson says the provincial government is working on a possible solution for that industry.

Simpson agreed the mayors' proposed 10-year, $7.5-billion transit plan stands to benefit downtown Langley and spur development, but can't support the plebiscite when so much — including how the tax will be implemented across various sectors — remains unknown.

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Property

Skyrocketing values a problem for seniors

Vancouver's skyrocketing property values may be great for owners trying to sell their homes, but the corresponding increase in property taxes is putting a strain on seniors and young families trying to stay put.

B.C. Assessment delivered a presentation to city council Wednesday outlining the massive jump in value across Vancouver homes, especially in single-family neighbourhoods.

Since assessments went out, Coun. Elizabeth Ball said she's received dozens of letters from seniors who cannot afford steeper property tax bills.

The city's proposed 2015 budget forecasts a property tax increase of two per cent.

EMILY JACKSON/METRO

Tourism

Plan adopted to make Vancouver for the birds

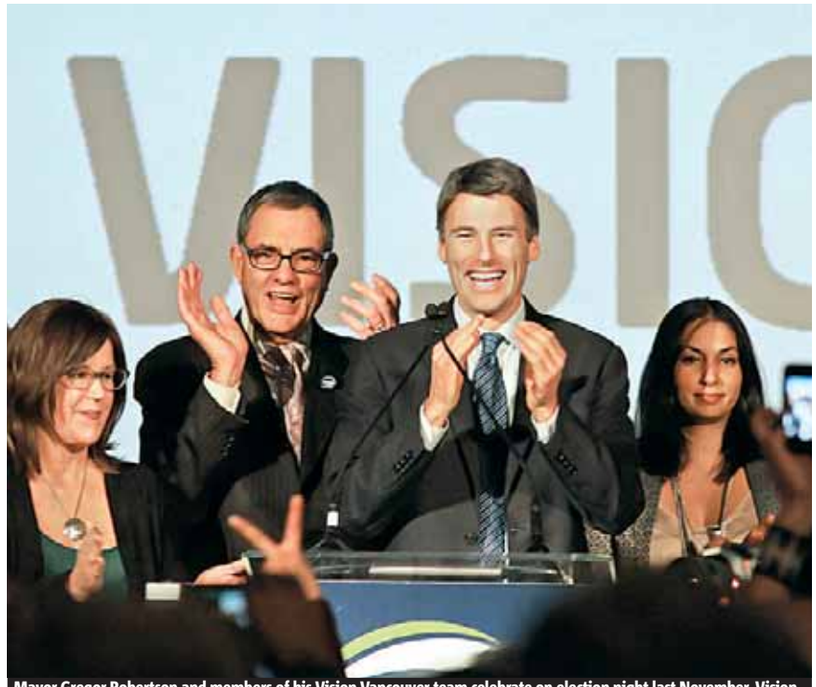
City hall was aflutter with excitement after council passed the official bird strategy on Wednesday.

The plan to make the city more hospitable to birds is expected to net some cash from the birder tourism industry, which according to staff is valued at $36 billion annually.

Vancouver sits on the edge of a very important bird habitat and welcomes 250 species of resident, migratory and wintering birds annually, biologist and bird strategy consultant Dr. Robert Butler told council.

Steps to improve the city for the birds include keeping cats indoors and designing buildings to minimize collisions.

EMILY JACKSON/METRO



Mayor Gregor Robertson and members of his Vision Vancouver team celebrate on election night last November. Vision Vancouver raised at least $2.2 million for its election campaign. ROB KRUYT/METRO

City once again pushes campaign finance limits

Council. Unanimous vote reminds province for 7th time about limiting spending of political parties and their donors

EMILY JACKSON
emily.jackson@metronews.ca

Vancouver city council wants to make sure the province doesn't forget that it really, really wants campaign finance limits before the next election.

Council voted unanimously Wednesday to remind the province — for the seventh time — that it wants its city-specific rules to limit the amount political parties and their donors can spend during election season.

The decision comes after the 2014 election season that pulled in at least $4.5 million in campaign donations, according to voluntary disclosures before the election. The real figure is expected to be at least as high as the record-breaking $5.2 million spent in the 2011 election.

"I don't have to tell any of you how out of control campaign spending has become," engaged city task force member Lyndsay Poaps told council. "Increasingly, there is a perception that a small minority can buy influence."

Campaign finance limits would give candidates an equal playing field and encourage youth, women and newcomers to participate in the democratic process, Poaps said.

"Let's make campaigns about ideas, not who can buy the most billboard ad space," she added.

The city will ask the province, which is in the midst of consultations about expense limits, for permission to amend the Vancouver Charter to create its own rules as other municipalities don't have the same problems.

It's important to "continually hammer away" so the province knows exactly what the city wants and doesn't create a "wacky scheme" of its own, Coun. Kerry Jang said.

"If you don't keep saying it, they're going to think of something else all by themselves that doesn't suit anybody."

Voting. Council to review 2014 municipal election

Vancouver will conduct an official review of the November municipal election results to investigate snafus at numerous polling stations.

Council voted unanimously Wednesday to review problems including long waits to vote, polling stations that ran out of ballots and confusion over the electronic voting machines.

It's important to clarify what happened so the public has full confidence in the election process, Coun. George Affleck said.

But former mayoral candidate and civic blogger Randy Helten feared the review won't be based on evidence because the city intends to destroy the ballots on Friday.

EMILY JACKSON/METRO

Estil. Aboriginal word for 'stop' not going on signs

A proposal by a councillor in Kamloops to add the Secwepemc language to some of the city's traffic signs has been stopped in its tracks by provincial legislation.

Coun. Donovan Cavers came up with the idea of adding the word "estil," which means stop in Secwepemc, on stop signs to acknowledge the city's aboriginal population and history.

However, in a report to council this week, traffic engineer Elnaz Ansari said Kamloops is not permitted to add other languages or symbols to the signs due to provincial Motor Vehicle Act regulations.

Ansari also expressed concern regarding the safety of making stop signs bilingual.

THE CANADIAN PRESS

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Site C dam marks 'new era' for utility: BC Hydro CEO

Development. Construction of the project is slated to start in summer

The head of BC Hydro is promising the contentious Site C hydroelectric dam will be built, despite overwhelming opposition and court challenges to the $8.8-billion project.

Jessica McDonald told a Vancouver Board of Trade luncheon that the dam in northeastern British Columbia is the "most-studied" project in the company's history.

"We've researched and consulted over a period of almost eight years ... It's the clear winner to provide affordable, reliable power," she told the crowd.

Construction on the project is set to start this summer on the Peace River, where it will flood agricultural land, First Nations spiritual, burial and archeological sites and destroy hunting and fishing areas.

Environmental groups, ranchers and First Nations have vowed to fight Site C, with some First Nations taking their opposition to the Federal Court of Canada for a judicial review.

McDonald said after the speech that she is done selling Site C.

"We're moving forward now into implementation," the CEO told reporters.

The province approved the project in December. Now, BC Hydro is waiting for the government to finish its permitting process while it uses the time to carry on discussions with local residents and First Nations, McDonald said. She shrugged off questions about a contingency plan if Site C is delayed or struck down in the courts.

THE CANADIAN PRESS

BC Hydro president and CEO Jessica McDonald DARRYL DYCK/THE CANADIAN PRESS

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Kamloops. B.C. Mounties launch review of shooting

Mounties in British Columbia's Interior say an internal review is now running parallel to the criminal probe into last month's shooting of an RCMP officer.

Forty-one-year-old Cpl. Jean Rene Michaud was shot during an early morning traffic stop on Dec. 3 in Kamloops.

Supt. Brad Mueller says the review will look at all aspects of the shooting and make recommendations to prevent further incidents, noting similar processes took place after officers were shot in Moncton, N.B., last year and in Mayerthorpe, Alta., in 2005.

After the shooting, Michaud underwent emergency surgery and was later airlifted to a Vancouver-area hospital where he remains.

The shooting sparked an intense manhunt that lasted more than 12 hours and ended with the arrest of Ken Knutson, a 36-year-old with a lengthy criminal history.

Knutson faces charges off attempted murder, aggravated assault and two firearms-related charges. He has remained in custody at Kamloops Regional Correctional Centre since his arrest and is due back in court on Jan. 29 for a potential bail hearing.

Mueller says Michaud's condition is improving.

"He continues his recovery in Vancouver and it's unknown when he will return to Kamloops," Mueller says.

"He's heading in the right direction. Certainly, his prognosis looks favourable." THE CANADIAN PRESS

Surrey

RCMP investigate woman's shooting

Mounties in Surrey are investigating after a woman was found with an apparent gunshot wound to her leg Wednesday morning.

Around 9:30 a.m., police were called to the 13,700-block of 96th Avenue and found a 20-year-old woman who appeared to have been shot in the leg.

The woman was taken to hospital with non-life threatening injuries, police said. THANDI FLETCHER/METRO

Rashida Samji

Ex-notary ordered to pay $44M over Ponzi scheme

A former notary who allegedly defrauded 200 investors in a Ponzi scheme has been ordered by British Columbia securities regulators to pay $44 million.

The B.C. Securities Commission ruled last year that Rashida Samji took about $100 million from investors, telling them their money would earn interest in a trust account while also helping a winery.

But the commission concluded there was no winery and Samji never deposited the money into the account.

The commission has now fined Samji $33 million and has ordered her to pay the commission $11 million to compensate investors for money that was not paid out.

She is also permanently banned from trading on B.C. markets.

Samji has been charged with numerous counts of fraud and theft and is also facing a class-action lawsuit from investors.

THE CANADIAN PRESS

The Christeene Machine runs Jan. 22 to 23 at Performance Works on Granville Island as part of the PuSh Festival.
COURTESY JASON RODGERS

Vancouver: Fun city (for real!)

Entertainment.
Why not do something different, like seeing this 'gender-blending, booty-pounding' show

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Vancouver is boring. We, the city, hear this a lot. But guess what? Cities aren't boring — people are. So for those who feel compelled to continually rain on our already ridiculously rainy parade: please stop.

After all, you're not a stalk of rhubarb.

Mercifully, most people I know — and, hopefully, most you know — aren't the Debbie-Downer types. I mean, let's be honest: nobody's got time for a Vanpooverite.

Why? Because we're busy using our imagination. That's right: we know where to find fun and we know how to have it. Just as long as we get home at a reasonable hour because we've got that 5 a.m. workout ... hey, have you tried CrossFit?

My point is, there's lots happening. Just, you know, not on your couch.

Which brings us to this week's alt-drag show, The Christeene Machine.

Fair to say, it's probably not for everyone. What it is, well, I don't quite know what it is, so let's fall back on advance publicity: "It's a gender-blending, booty-pounding queer perversion of punk dragged through a musical theatre gutter, commanded by Christeene, a human pissoir of foul hilarity and raw unabashed sexuality."

Sounds like a regular Saturday night for me.

Part of PuSh International Performing Arts Festival, The Christeene Machine runs Jan. 22 to 23 at Performance Works on Granville Island (1218 Cartwright St.). Tickets are $29. Show starts at 8 p.m. More information at PushFestival.ca.

Around town

- **And now for something completely different:** The Cultch and PuSh Festival present The Fish Eyes Trilogy, the trio of plays by Anita Majumdar, at the Historic Theatre at The Cultch. The Trilogy will be performed as Part 1 (Fish Eyes) and Part 2+3 (Boys with Cars and Let Me Borrow That Top) on alternating nights. Runs Jan. 27 to 31. Tickets start at $19. More information at TheCultch.com.

- **Turkish delight:** Have you been wintering? Or sleeping? Then perhaps you're perfectly prepared to see Winter Sleep, the latest film from Turkish auteur Nuri Bilge Ceylan. It's been called a masterpiece. And it won the Palme d'Or. If that's not enough reason to see it, it takes place in the beautiful Cappadocia region of Anatolia. And you know what they say: what happens in Anatolia stays in Anatolia. Except when it comes to the VIFF Vancity Theatre. Plays tonight (6:30 p.m.), tomorrow night (noon) and Monday (6:30 p.m.). More info at VIFF.org.

White Rock

Witnesses sought in attempted abduction

Mounties in White Rock, B.C., are searching for a man who tried to lure a nine-year-old girl from a school playground.

Police say they are investigating the Friday afternoon incident as an attempted abduction and asking any witnesses to come forward.

Const. Shaileshni Molison says RCMP received a report on Tuesday about the stranger who approached the child at about 3:30 p.m. at White Rock Elementary. She says the man tried to persuade the girl to get into his car; she was not injured, and the man ultimately fled on foot.

Police are asking anyone with information about the man — described as Caucasian, 20 to 30 years old, with a bald head and tattoos on both arms — to come forward.

THE CANADIAN PRESS

Missing person

Police find elderly woman who drove to Kamloops by mistake

Police say a missing elderly woman from Richmond has been located alive and well hundreds of kilometres from her home.

RCMP said late Tuesday that 89-year-old Evelyn Logan had turned up in the Kamloops area after mistakenly driving the wrong direction.

Staff Sgt. Don Davidson says the woman suffers from a mild form of dementia and she has accidentally driven long distances in the past.

Kamloops is about 360 kilometres from Richmond. Police say the woman left her residence on Tuesday afternoon.

Davidson says the woman's family has headed to Kamloops to reunite.

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Mounties will conduct review of interactions with shooter: RCMP

Officer dies. Alberta officials hope to uncover whether anything could have been done to keep Rehn off the streets

An Alberta RCMP official says the Mounties will carry out their own review of their interactions with the man who shot two officers, one of whom died Wednesday of his wounds.

Assistant Commissioner Marlin Degrand says the force wants to know if there's anything it could have done to help keep Shawn Rehn off the streets.

"We're very concerned about the fact that an individual with his criminal history came into contact with our officers," Degrand said Wednesday at an RCMP news conference.

Const. David Wynn
RCMP/THE CANADIAN PRESS

"And we are actually ... undertaking to unpack all of our interactions with this individual to see if there's anything ... that we could have done that could have helped to avoid him continuing on this career path of being a criminal."

Alberta's justice minister also ordered a review Wednesday into how the Crown handled the career criminal.

Jonathan Denis said the review will be done in addition to any fatality inquiry that may be called.

Rehn, 34, was found dead of an apparent suicide in a rural home not far from the casino.

Const. David Wynn, 42, died in hospital Wednesday from a head wound. He never regained consciousness after he was shot. Auxiliary Const. Derek Bond, 49, faces a long recovery at home after being shot in the arm and torso.

Documents show Rehn was a violent criminal, in and out of jail for crimes that stretched back to his teenage years.

Rehn's adult criminal record, made public this week by Alberta Justice, details a lengthy list of 57 convictions, starting in April 1999 when he was ordered jailed for two months for theft and breaking-and-entering.

Parole-board documents show Rehn served two federal jail terms as an adult.

THE CANADIAN PRESS

RCMP Assistant Commissioner Marlin Degrand walks past a memorial for Const. David Wynn after speaking about his passing in Edmonton on Wednesday. Wynn suffered a gunshot wound to the head early Saturday morning and never regained consciousness. JASON FRANSON/THE CANADIAN PRESS

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Ottawa chemicals suspect suffered personal issues

Christopher Phillips, arrested Wednesday after the dramatic overnight evacuation of an Ottawa hotel, has a past that includes an acrimonious split from a former Olympic gymnast and a bankruptcy marked by debts of nearly $4.7 million.

It appears Phillips has links to the U.S. military. Bankruptcy documents say that he received tens of thousands of dollars in "military disability" payments between 2006 and 2008.

Ottawa police arrested Phillips, 42, on the sixth floor of the east-end Chimo Hotel as part of an overnight investigation linked to the evacuation of two areas in Halifax where police found a large quantity of mysterious chemicals — some of which they've described as "volatile" and "dangerous."

Police in Ottawa carefully and quietly evacuated the hotel under cover of darkness before arresting the man without incident Wednesday morning. Phillips has not been charged.

Neither the RCMP nor Ottawa police have identified Phillips — an ophthalmologist by trade — but the manager of his ex-wife said police told her the suspect's identity.

Firefighters attend a residence in Grand Desert, N.S., where a large quantity of chemicals were found on Wednesday. Police have not identified the chemicals. An explosive-disposal unit, forensic-identification experts and hazardous-material crews were called in to investigate. ANDREW VAUGHAN/THE CANADIAN PRESS

Nick Furris said Shannon Miller, a former Olympic gymnast for the U.S., was told by police that her ex-husband was arrested in the incident.

"Upon hearing the recent news surrounding Christopher Phillips, my prayers immediately go to the safety of those around him," Miller said in a statement.

"I'm thankful that the brave men and women of the Ottawa police department and other law-enforcement agencies were able to apprehend him and defuse the situation."

Phillips and Miller were married in a lavish ceremony in Oklahoma City in June 1999. The nuptials — covered by People magazine and the television show Extra — featured many of her teammates from the squad that won the gold medal at the 1996 Olympic Games in Atlanta.

The marriage lasted only seven years. Miller filed for divorce in May 2004 in Massachusetts, a case that dragged on for two years. In 2008, Phillips closed his laser eye surgery business in Seattle and filed for bankruptcy.

THE CANADIAN PRESS

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‘Army of spinsters’ defies Saudi traditions

Gender equality. A trend of women staying single into their 30s is unnerving the mideast kingdom’s ultraconservatives

Amna Fatani knows she wants a brilliant career and a life different from that of Saudi women of her mother’s generation, who married early, usually to a husband they didn’t choose.

The 27-year-old, studying for her master’s degree at Georgetown University in Washington is part of a growing number of Saudi women choosing to remain single through their 20s and into their 30s.

The trend has ruffled ultraconservatives who see it as an affront to the very foundations of the kingdom, which operates under strict interpretations of Islam and rigid tribal codes in relation to women.

The growing number of single women has alarmed clerics, who have responded by pushing for early marriage and warning of alleged evil consequences of “the army of spinsters,” such as sex outside wedlock.

During a 2005 sermon, the imam of Mecca’s Grand Mosque, Abdul-Rahman As-Sudais, raised an early outcry against “the dangerous phenomenon of life-long spinsterhood,” saying it endangers “the community as a whole.”

Some Saudi media have joined the clerics in handwringing over — as one newspaper put it — “the army of spinsters.” THE ASSOCIATED PRESS

Saudi Arabia’s clerics and some media members are concerned with a growing number of women who chose not to marry. HASSAN AMMAR/THE ASSOCIATED PRESS FILE

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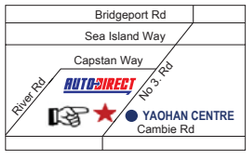

Indonesia. No foul play in AirAsia crash, officials say

Indonesia’s top accident investigator said Wednesday that there are no indications of foul play in last month’s crash of an AirAsia jetliner carrying 162 people.

AirAsia Flight 8501 plunged into the Java Sea on Dec. 28 shortly after the pilots asked to climb from 32,000 feet to 38,000 feet to avoid threatening clouds, but were denied permission because of heavy air traffic. No distress signal was received.

The plane was en route from Surabaya, Indonesia’s second-largest city, to Singapore.

National Transportation Safety Committee head Tatang Kurniadi said investigators have downloaded all of the data from the aircraft’s cockpit voice recorder and flight data recorder and are analyzing them along with advisers from Airbus, the plane’s manufacturer.

One of the committee’s investigators, Nurcahyo Utomo, said Tuesday that no voices have been detected on the cockpit voice recorder other than those of the pilot and co-pilot, and no explosions were heard.

Transport Minister Ignasius Jonan told Parliament on Tuesday that radar data showed that the plane was climbing at an abnormally high rate — about 6,000 feet a minute — then dropped rapidly and disappeared.

“It is not normal to climb like that; it’s very rare for commercial planes, which normally climb just 1,000 to 2,000 feet per minute,” he said.

“It can only be done by a fighter jet.”

He did not say what caused the plane to climb so rapidly. THE ASSOCIATED PRESS

Quoted

“There is no sign of sabotage in the AirAsia crash.”

Indonesia’s National Transportation Safety Committee head Tatang Kurniadi

Ireland

Grandma guilty of possessing coke for sale at bingo hall

Helen Heaphy’s number came up at the bingo hall. The prize was a trip to court.

The 50-year-old grandmother pleaded guilty Wednesday to two counts of possessing cocaine for sale or supply after Irish police caught her with the narcotic outside a Cork bingo hall.

Cork District Court Judge Leo Malone accepted her lawyer’s plea for clemency citing her family obligations and her possession of a relatively small amount of the drug worth 350 euros ($500). THE ASSOCIATED PRESS

Zambia

Election results postponed amid protests

Zambia’s election commission on Wednesday postponed the announcement of partial results from a presidential vote after complaints from the opposition, whose supporters clashed with police outside the counting centre in the capital, Lusaka.

Police at the counting centre in Lusaka fired tear gas to disperse opposition activists camped outside the building. The election was held to replace President Michael Sata, who died in October after a long illness. THE ASSOCIATED PRESS

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Rio4 SX with Navigation shown‡
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from $21 weekly for 69 payments | **0% financing for up to 84 months** | **$0 down payment^Δ**

Includes "Half Price Payments" credit. $21 weekly payment amount includes $1,500 Half Price Payments Credit. Payments are based on 2015 Rio LX MT (RO541F) 84-month financing. After 69 weekly payments at $21, the weekly payments will increase to $43^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§]

Forte SX AT shown‡
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Optima SX Turbo shown‡
HWY / CITY 100KM^ : 5.7L/8.9L

2015 OPTIMA LX AT

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Includes "Half Price Payments" credit. $36 weekly payment amount includes $1,000 Half Price Payments Credit. Payments are based on 2015 Optima LX AT (OP742F) 84-month financing. After 28 weekly payments at $36, the weekly payments will increase to $73^. Half Price Payments Credit may alternatively be taken as a one time lump sum payment.[§]

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Chocolate

Cadbury Creme Egg recipe to stay same in Canada

Chocolate lovers are crying fowl over word that the recipe for the iconic Cadbury Creme Egg is being changed in the U.K.

ISTOCK PHOTO

But Canadian Cadbury fans need not worry: a spokeswoman at the Mondelez Canada office said the Canadian recipe won't be affected.

Creme egg aficionados began protesting on social media when global snacks company Mondelez International announced that this year's batch for the U.K. will be made with "standard cocoa mix chocolate" instead of Dairy Milk chocolate.

THE CANADIAN PRESS

New Brunswick

Three companies face charges over 2013 bird deaths

Three companies now face charges after about 7,500 migrating birds were killed in 2013 when they flew into a flare burning at a natural gas facility in Saint John, N.B.

Canaport LNG LP was charged with three violations in October 2014. Irving Canaport GP Company Ltd. and Repsol Canada Ltd. now also face those charges under the Migratory Birds Convention Act that prevent anyone from depositing a substance harmful to migratory birds. They are also charged with killing Canada warblers under the federal Species at Risk Act. THE CANADIAN PRESS

Streaming TV. Apple shuts out apps

Read through the tweets posted by CraveTV and Shomi and you'll see suggestions that users might finally get Apple TV apps to access the Canadian streaming services.

If it was up to Bell Media, CraveTV would have launched with an Apple TV app, so users could stream content to their big screen TVs easily.

But Apple didn't allow that to happen.

"I'd love to say we have an app coming on Apple TV but we don't.

"This is Apple's strategy," said Jon Taylor, vice-president of digital products and strategy for Bell Media, at the CraveTV launch.

While Apple openly welcomes software developers from around the world to create apps for its iPhones and iPads, only a small club of companies have been given access to the Apple TV platform.

Netflix is among them, to the frustration of Bell Media, and Shomi's parent companies Rogers and Shaw.

At CraveTV's launch in December, Taylor had targeted the early part of this year for integration with Google's Apple TV competitor, the Chromecast.

He also said Roku devices will be supported "this year for sure."

THE CANADIAN PRESS

Mortgage costs will decline: Economists

Interest rate. BoC's policy change could spur debt-burdened Canadians to borrow even more money

The rate cut is expected to lead to decreased mortgage rates, which could boost sales and prices of homes in Canada. However, economists fear it may also spur Canadians, who have been criticized previously for holding record levels of debt, to borrow more money. TORSTAR NEWS SERVICE FILE

Canadian homeowners have likely gained a reprieve from an expected increase in mortgage rates this year.

Economists expect rates to dip slightly in response to the Bank of Canada's surprise move Wednesday to cut its trend-setting interest rate to 0.75 per cent, from one per cent, to soften the blow of dropping oil prices on the Canadian economy.

"This signals that low interest rates will be with us a while longer," said Avery Shenfeld, chief economist at CIBC World Markets, noting the central bank's rate cut will likely mean a corresponding 0.25 drop in variable, or floating, mortgage rates.

Fixed-rate mortgages are also likely to see a slight decline, as they follow bond yields, which will move lower in response to the rate cut.

However, TD Bank was quick to announce Wednesday that it will maintain its prime interest rate at three per cent, noting that factors beyond the central bank influence its rates.

"Not only do we operate in a competitive environment, but our prime rate is influenced by the broader economic environment, and its impact on credit," the bank said in a statement.

Although cheaper mortgage rates are likely to buoy real estate markets in Central and Atlantic Canada, TD economist Craig Alexander says the impact of oil prices will trump interest rates in Western Canada.

"I think it's inevitable that you're going to see a pullback in sales and a softening in price growth in real estate in oil-rich provinces because, at the end of the day, income growth in those provinces is going to be a lot less," he said.

However, the rate cut may also spur Canadians, who have been criticized previously by the Bank of Canada for holding record levels of debt, to borrow more money.

"I think in the Bank of Canada's eyes right now, it's a lesser of two evils," Shenfeld said. They've shown discomfort with the amount of borrowing Canadians have done, but the economy right now can't afford to shut the tap off on that if we're not getting the lift to growth from the energy sector."

THE CANADIAN PRESS

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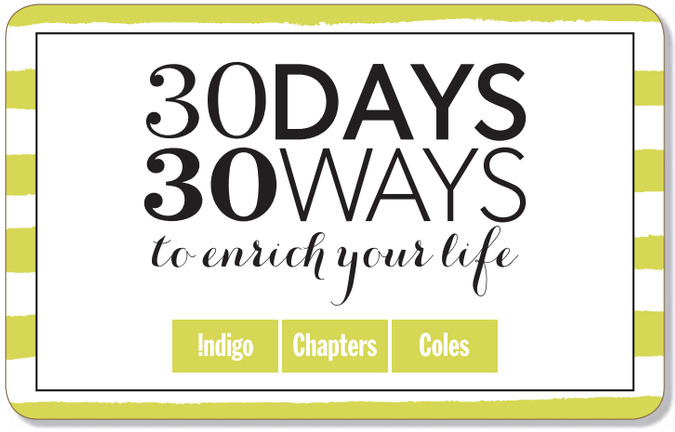

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VOICES

TOUGHER THAN A MUDDER

While events like Tough Mudder sell pain and injury in a fetishized, almost satiric way, the lived experience of the mud runs goes far deeper than mere masculine showmanship

EMINA GAMULIN
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Electroshock Therapy, Ring of Fire, Arctic Enema: these sound more like incidents redacted from the Senate Torture Report than recreational activities taken up on a volunteer basis. But for Tough Mudder participants, that's kind of the point, in both prosaic and profound ways.

With challenges like crawling under barbed wire, running up and down hills for kilometres and swimming completely submerged in ice water, organizers for the already-grueling obstacle course announced recently that they are upping the ante this year by adding a tear-gas component.

Margaret MacNeill, a professor who studies the social and cultural aspects of sports and activity through the University of Toronto, says Tough Mudder getting even tougher is a push-back against a risk-averse safety culture that has crept into the rest of our recreational activities.

"Events like Tough Mudder have become popular in a culture where sports are one of the last bastions of masculinity," she says. "I suspect the lack of hesitation to entering — when most adults likely anticipate pain, agonizing eye irritation and potential injury while blinded — has lots to do with masculinity in risk sports and/or using these events to prove 'rugged individualism,' regardless of gender."

She says we can see this when we look at the public debate surrounding hockey concussions. "In the past, it was this unfettered culture of risk: you know, kids can take it; boys can take it harder," she says. "Now what we see is that, as people worry about all the long-term health issues, hockey is being renegotiated into a culture of precaution."

Tough Mudder events are rife with militaristic metaphors, among others. GETTY IMAGES

Gavin Weedon, a PhD candidate at the University of British Columbia whose research looks at mud-running events like Tough Mudder as part of a renaissance of physical culture, agrees Mudder taps into the desire for risk and masculine bravado, but says the practice can also act on a far more profound level. "One of my most interesting findings is that these events act as material infrastructures, and potent metaphor, through which some people confront and overcome physical and emotional traumas sustained beyond the confines of the course."

In other words, perhaps the reason it sounds like torture is because, on a personal level, by forcing participants to confront and relive pain in their lives, it can seem close to it. Weedon stays away from the torture metaphor but says many participants have described the practice in therapeutic terms.

"A friend of mine injured her back in a car accident and chronicled her recovery through training for, and participating in, Tough Mudder, alongside friends and family. These aren't the most common stories, perhaps, but they are among the most intriguing."

While Tough Mudder promotes a "tough guy" image, this isn't necessarily the intended audience. Weedon says the run aims to reach "urban white-collar professionals and young people, especially men, with disposable income and recreational time to do something like this." While all types might show up to events, "white men are consistently well-represented."

It is significant then, that the intermingling of growth and pain offered by Mudder and aimed directly at men has no shortage of decidedly feminine metaphors. One event is called Birth Canal, while the tear-gas portion, touted as the toughest obstacle yet, has been given the name Cry Baby. And a mudder, of course, is a mother.

Many people describe these events in torturous terms, but unlike actual torture, it is something people take on voluntarily and comes with great reward, much like childbirth.

And there is no mudder tougher than that.

WHY I'LL NEVER DO A MUD RACE

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"Hell no." This is my reaction every time someone says, "You should do Tough Mudder with us next year." No, no, no. Thank you, but no.

I don't hate exercise. I'll join the sweat-your-face-off-then-swoon-in-the-locker-room class at the gym or run home from work to save the transit fare. I don't balk at pain. I gritted my teeth through days of labour.

But I draw the line at the gruelling army boot camp that is Tough Mudder, because from what I can tell, it's five hours of torture followed by a flash of joy at the end. The hell-to-joy ratio just doesn't entice me.

I understand that people are driven to test their physical and psychological limits, to be able to boast, "I know what it feels like to get slapped in the face with an electric tendril, go down like a felled tree, then get up and keep going."

But no matter how euphoric it is to cross the finish line arm-in-arm with your battered, bruised and muddy compatriots, I'll still pass. I'll pass on the ice bath, the cleats in the face, the 17 lung-bursting kilometres running up and down a ski hill.

I have no burning need to see if I can tolerate tear gas, shimmy through a slimy narrow tunnel or run across kerosene-soaked flaming straw. I have no interest in proving I can do these things because, frankly, they sound horrible (and vaguely dangerous). And I don't thrill at doing horrible (and vaguely dangerous) things for fun on a Saturday. So this year, like last, I'll cheer my loved ones from the sidelines (or home, depending on the weather). I'll apply Tiger Balm to my husband's destroyed muscles and marvel at his strength and endurance. And I will regret nothing.

BONDING OVER BRAVADO

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I signed up for the Tough Mudder last summer because I like pushing myself. Doing something difficult requires a singular focus that my normal busy, multitasking day lacks.

Plus there's the pride thing. "This looks hard, Jess, do you think you can do it?" I ask me. "Ya damn right I can," I answer.

There was also this editor who has an enthusiasm for insane physical feats that is impossible to deny. He helped organize a group of colleagues, of varying levels of fitness, to do it together and agree to stick together, so no one would be left behind. So, it turned out that the Tough Mudder wasn't really about me or my limits. It was a group bonding thing.

In a big office, you don't really know the people who work in a different department, on a different floor, but after they work together to boost your butt over a mud-slicked wall, you do.

When a colleague, friend or stranger on the course sees you at your worst — cold and tired beyond pride, mud-covered, out of breath, falling down, crying — and helps you with dignity, it's hard not to like them. On the Mudder course, there's always another obstacle, and you'll turn around and offer them a hand.

So if it sounds like a good idea, know this: yes, the electric-shock thing hurts like hell. The ice bath, not so bad. The obstacles are mostly fun; it's the hills that kill you. As for the tear gas, I don't know. Maybe I'll find out.

And those psychological studies that show pain promotes bonding — the sort of togetherness soldiers experience in basic training?

They're not wrong.

metro

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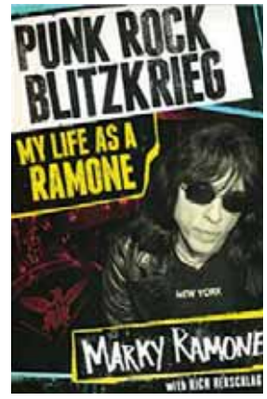
The Road to Ruin and back

Memoir. Marky Ramone chronicles his wild life drumming for the seminal punk band from New York

MARIANNE HAYES
Metro World News in New York

Marky Ramone opens up about his new memoir, Punk Rock Blitzkrieg. CONTRIBUTED



Drummer Marky Ramone may not have been a founding member of the Ramones, but his impact on the band's legacy — and the punk movement as a whole — is hard to deny. Even so, some critics still dismiss him for not being an "original" member of the iconic band.

"Being in the Ramones for 15 years and 1,700 shows, I felt it was time to tell my story," says Marky (whose real name is Marc Bell).

For Bell, that story is being told in a new memoir aptly titled, Punk Rock Blitzkrieg: My Life as a Ramone. Bell admittedly pulls no punches in the book, which he wrote with author Rich Herschlag.

"It is the most comprehensive book out there about the band," says Bell.

Readers can expect a fly-on-the-wall take of what it was like to be alongside the Ramones during the height of the cult phenomenon known as punk rock. The book covers everything from hanging out with other punk luminaries at the legendary CBGBs, to observing the famously tense relationship between Joey and Johnny Ramone.

"The book reads a little like fiction and a little like a travel log," says Herschlag, who compares the feel of the memoir to Jack Kerouac's On the Road. "We wanted to make people feel like they were there."

According to Herschlag, the book provides a more intimate snapshot of the band. For example, the fact that Joey Ramone had obsessive-compulsive disorder is no secret. But few know the extent to which his OCD affected the band as a whole. Herschlag recalls one story from the book where Bell talks about Joey's compulsive need to tap things.

"After their 1980 album End of the Century, they flew to England, and (Joey) wouldn't get off the plane because he wanted to fly back to tap something in New York," says Herschlag.

Other times, the band would be late for gigs because of Joey's need to run across the street to tap a curb. According to Herschlag, this only fueled the palpable tension between Johnny and Joey.

Personal rivalries aside, the book also takes a hard look at Bell's battle with alcoholism, which ultimately led to his departure from the band for four years during the '80s. Herschlag says that Bell's journey to sobriety was a powerful one.

Herschlag's personal connection to the Ramones is a unique story in itself. Growing up in Forest Hills, Queens in the 1970s, Herschlag was coincidentally raised in the same building as a construction worker-slash-musician named John Cummings (aka Johnny Ramone).

"At the time, I was like 10 years old and throwing water balloons off the roof," says Herschlag, who remembers leather-clad band members frequently coming in and out of Johnny's apartment. "It became known, even before they released an album, that there was this rock band in our building."

The fact that Herschlag landed a gig co-writing Marky Ramone's memoir decades later was completely serendipitous. Either way, he's thrilled to be bringing Bell's stories to life. There are even talks of an in-the-works reality show that would document what the aging punk rocker's everyday life is like these days.

After disbanding in 1996, the Ramones were later inducted into the Rock and Roll Hall of Fame in 2002. The punk pioneers also received a Grammy Lifetime Achievement Award in 2011. Today Bell serves as a global ambassador for punk rock with his band, Marky Ramone's Blitzkrieg. The group travels everywhere from Russia to Vietnam playing Ramones songs to a new generation of loyal fans.

"I'm the last link to the last four (Ramones)," says Bell. "My aim is to continue to play the music live because I feel the songs are too good not to be played."

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Won't roasting Justin Bieber just be a typical day for him?

When Comedy Central took over roasting duties from the Friars Club, it kept the original spirit of lampooning legends toward the end of their careers. Well, they're putting that tradition behind them with the announced roast of: Justin Bieber. Hoo boy.

"Justin has been asking us for a few years to roast him, and we just kept telling him to go create more source material first. We're thrilled he listened," says CC exec Kent Alterman.

Of course, maybe they were just waiting until he could (legally) get liquored up for the televised takedown, as the roast will take place shortly after his 21st birthday.

But this all begs the question: Isn't roasting Bieber redundant, considering any and all coverage of him over the past few years?

Justin Bieber ALL PHOTOS GETTY IMAGES

Jenner drops home school for her career

Apparently, one of the perks of being home-schooled is you can just up and quit it without the local government getting persnickety.

That's exactly what Kylie Jenner, the youngest and most vulnerable of the Jenner-Kardashian brood, did, insisting that getting an education was too much of a distraction.

"Kylie quit home-schooling a few months ago. She told her mom it was getting 'in the way' of her career, and that she wanted to focus her energies on building her personal brand and making money," a source tells Life & Style of the 17-year-old.

And apparently mom and manager Kris Jenner "gave in," which makes sense since she's totally into the whole "building a personal brand and making money" thing.

Kris, in fact, "feels the girls are smart and savvy and they don't need a piece of paper to show that."

Well, as long as she's feeling it, who are we to judge?

Kylie Jenner

Seth Rogen in The Interview.

Don't tell Kim Jong-un: The Interview is on Netflix starting this weekend

Well, that was fast. If your biggest complaint about The Interview coming to VOD right away at Christmas was you didn't want to pay to watch it in your home, you're in luck — as long as you're a Netflix subscriber.

The controversial film that nearly destroyed Sony is coming to the streaming service this weekend. The film has raked in more than $40 million in digital sales in the past month plus $6 million from its very limited theatrical run. That pushes its gross return past its $44-million production budget, but just barely.

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The fashion show must go on

Style. Canadian Fashion Police panellist Brad Goreski dishes on style, the stars and his newest TV gig

Long before he was dressing celebrities for the red carpet, Canadian stylist Brad Goreski credits trail-blazing homegrown series Fashion Television and host Jeanne Beker for helping nurture his budding interest in style.

"When I was a kid watching TV every Sunday night, my dad would kind of cringe when he heard the theme song of Fashion TV come on, but I watched it religiously," recalled Goreski of the now-defunct series which aired for 27 years.

"She was really my window into the world of fashion. I learned so much from her and for her dedication to reporting the latest in fashion, getting right to the designer, asking them the important questions. That was really the beginning."

The Port Perry, Ont., native said his family was also a key source of support, as he recalled wearing "crazy outfits" to school and being obsessed with fashion magazines.

"Growing up in a small town and encouraged to be who I was and to really cultivate those skills and not try to shut them down has led me to be able to do the things that I've become very successful at — and that, to me, is such a gift," said Goreski.

Goreski has styled notable leading ladies including Jessica Alba, Noomi Rapace, Christina Ricci and Demi Moore. At the recent Golden Globes, he styled Downton Abbey star and best supporting actress winner Joanne Froggatt in a strapless, embellished Marchesa gown, and also dressed actress Jenna Dewan Tatum (wife of Foxcatcher star Channing Tatum) in a buttery yellow Carolina Herrera creation.

The Los Angeles-based Goreski is now adding fashion critique to his repertoire, dishing on and dissecting celebrity style as the newest panellist on Fashion Police, which airs Mondays at 9 p.m. ET on E!. Goreski and new show host Kathy Griffin join series vets Kelly Osbourne and Giuliana Rancic on the four-member panel.

A recent episode devoted to assessing styles from the Golden Globe Awards was the first since the death of host Joan Rivers last September at age 81 following complications from surgery.

Goreski said this season will feature 17 episodes and will mostly be built around red-carpet events like the upcoming Screen Actors Guild Awards, Grammys and Oscars. He said they also plan to bring back past segments that fans love in addition to introducing new ones into the mix.

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective," said Goreski.

"The show must go on, and I think that people can still expect very honest commentary and critique of what's happening on the red carpet. Lots of laughs."

THE CANADIAN PRESS

One stylish set

A little Goreski goes a long way

Goreski says he sees Fashion Police as a prime opportunity to combine his expertise as a stylist and knowledge acquired over years in fashion with his love of entertainment. He also seeks to share insight with viewers about why he sees a particular look as a hit or miss.

"I know how much work goes into getting a celebrity ready for the red carpet, and so I never really want to come off as being hypercritical ... just saying: 'The look doesn't look great.' ...

"That's what I hope I can bring every week: lots of humour and lots of fun, but also maybe help people see things and actually develop a critical eye as opposed to just saying: 'Oh, I thought she looked terrible.'"

Quoted

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective."

Brad Goreski on the late Joan Rivers

Canadian street style

Name: Bianca

Age: 22

Occupation: Co-founder/ designer at Kastor & Pollux

What she's wearing
Joe fresh hat, H&M sweater, Le Chateau coat, Forever 21 skirt, Miista boots.

Her inspiration
"My inspiration comes from everything going on around me!"

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Trends Report

A lash glue with natural ingredients

Finding cosmetics that are both natural and safe is a difficult task, and Emily Lyons can attest to that. The Toronto-based owner of a media agency says she often hears models complaining of swollen eyes and eye lids, and was disgusted to discover the lash glue they were using contained the chemical formaldehyde.

"A lot of the ingredients in these glues are actual confirmed carcinogens that are being applied to your eye," she says.

Being a proponent of healthy living, Lyons and a friend in the modeling industry searched for better lash glue on the market but were left disappointed. She eventually found a team of chemists who were willing to take on the challenge to help her, and after a year of research and development, True Glue was completed.

The Canadian-made adhesive was launched in December 2014, and can be purchased online at true-glue.com at a cost of $9.99 for a small tube, $14.99 for a medium tube and $24.99 for a large tube.

FOLLOW TRENDS REPORT COLUMNIST IRENE KUAN ON TWITTER: @METROIRENEK AND ON INSTAGRAM: @KUANIRENE

PATRIOTIC PARKAS

It's only fitting that we should make it through a Canadian winter by bundling up in Canadian-designed coats. And plenty of homegrown parka-makers are here to help us out

MELISSA DUNNE
for Metro

Parkas made in the Great White North are currently hotter than a fresh cup of joe from Tim Hortons.

On a bone-chilling afternoon a line of cars waits to park at high-end lifestyle retailer Sporting Life. Inside, most shoppers make a beeline for the racks of Canada Goose parkas. Rival made-in-Canada brands like Moose Knuckles also attract interest. Many customers will eventually get in line to shell out hundreds (and sometimes north of $1,000) for a down-filled coat.

Despite the hefty price tags everyone from students to seniors has bought in.

So have retailers. At Sporting Life, Canada Goose products are always front-and-centre at its midtown Toronto store, even in the middle of July. The Ontario chain has recently grown and is set to expand west to Calgary next year.

Canada Goose, which started in 1957, has taken celebrating Canadian connections to new heights. Our country is in its name and a map of the Arctic is on its logo. The brand may have finally hit peak Canadian earlier this season when it teamed up for a second time with Drake for a capsule collection.

Branding parkas as symbols of Canadiana chic has paid off. Canada Goose has opened a new 96,000-square-foot factory in Toronto, doubling its previous production capacity, and it expanded its Winnipeg facility last fall.

"In terms of cold weather apparel, we are a world leader," says Marilyn McNeil-Morin, chair of the School of Fashion Studies at George Brown College.

We Canucks are known for knowing how to stay warm in cold climates. Centuries before Canada Goose hit it big, Canadian companies such as Hudson's Bay Company were famous for selling furs, McNeil-Morin points out.

These days most of the winter gear we buy, from toques to coats to boots, is made somewhere else. Buying parkas actually still made in our home and native land is an easy way to show others the depth of our true patriot love.

"We like supporting local jobs and our manufacturing economy," adds McNeil-Morin.

The fashion expert also notes that the quality of coats made here is usually higher than those made overseas.

We are clearly buying the Buy Canada message.

You can't hit the ice rink or the coffee shop without seeing a sea of red-and-white logos. The ubiquity has bred a backlash. Activists have called the parka-makers that use real fur and feathers "cruel." And some of us would rather shiver than wear what everyone else is wearing.

Upstarts have cropped up for the hipster set looking for a homegrown alternative. More subtle brands like OSC Cross have obviously taken a few pages from the Canada Goose patriotic playbook. OSC has named many of its coats after some of our cities and towns, such as the St. John's coat.

Parkas made at home are now both "cool and practical," says McNeil-Morin. What could be more Canadian than that, eh?

Made for Antarctica

-30C+

Canada Goose's Expedition parka was originally developed for scientists working in research facilities at McMurdo station in Antarctica. It is field tested for the coldest places on Earth, according to its website.

6 other games in town

Johnny Yiu

Johnny Yiu started in 2004. Its parkas are made in Toronto. The women's Adalyn parka is $880 and is filled with goose down. At select retailers and johnnyyiu.com.

OSC Cross

OSC Cross grew out of the Outdoor Survival Canada brand in 2012. Its parkas are made in Toronto. The men's St. John's parka is $670 and contains goose and duck down. At select retailers and osccross.com.

Quartz Nature

Quartz Nature started in 1997. Its parkas are made in Saint-Hyacinthe, Que. The women's Éliane parka is $699 and is filled with Canadian down. Find retailers or buy online at quartznature.com.

Cold Manufactured (CMFR)

CMFR started in 2010. Its parkas are made in Winnipeg. The men's Gormley parka is $795 and filled with white duck. At select Sporting Life stores. Find other retailers at cmfrcanada.com.

The Wild North

The Wild North started in 2014. Its parkas are made in Oakville, Ont. The women's Lila parka is $900 and made mainly of wool and filled with down. At Deluxe Boutique in Toronto and thewildnorthapparel.com.

Moose Knuckles

Moose Knuckles started in 2007. Its parkas are made in Winnipeg. The women's Stirling parka is $795 and contains down insulation. At select Sporting Life stores. Find other retailers at mooseknucklescanada.com.

Fish and chips has some very serious competition

Lunch. This Salt-and-Pepper Squid and Chips recipe is a unique alternative to traditional haddock or cod

1. Preheat the oven to 160 C.

2. Dry-roast the chilli, peppercorns and Szechuan pepper with 2 tablespoons of sea salt in a wok over medium heat for 2-3 minutes until fragrant. Grind to a powder in a spice grinder or mortar and pestle. Place in a bowl with the flour and mix well. Set aside.

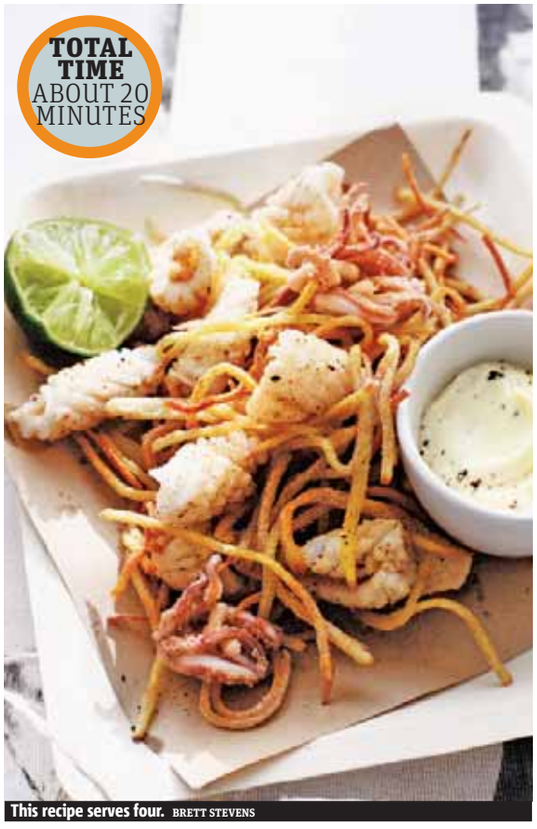
3. Cut the tentacles away from the squid tubes, discarding beak. Open out the tubes and clean, then lightly score the insides of the tubes in a criss-cross pattern. Cut into bite-sized pieces.

4. Half-fill a wok or deep-fryer with oil and heat to 160 C. Fry the chips in the oil for 2 minutes until almost cooked, then remove and drain on paper towel. Toss the chips in half the flour mixture and set aside.

5. Increase oil to 190 C. Toss the squid tubes and tentacles in remaining flour mixture and shake off excess. Fry, in batches, for 2 minutes until crisp and golden. Drain well and keep warm in the oven while you finish the chips. Return the chips to the oil for a further 1-2 minutes until crisp and golden, then drain well.

6. Serve the salt-and-pepper squid and chips with lime wedges and aioli.

RECIPE FROM QUICK SMART COOK BY VALLI LITTLE. PUBLISHED IN CANADA BY HARPERCOLLINS. ALL RIGHTS RESERVED.



This recipe serves four. BRETT STEVENS

Ingredients

- 1 tbsp dried chilli flakes
- 1 tbs whole black peppercorns
- 1 tbs Szechuan peppercorns (available from Asian food shops)
- Seasalt
- 3/4 cup (100 g) rice flour
- 1 kg small squid
- Peanut oil, to deep-fry
- 3 large potatoes (about 800 g), peeled, cut into matchsticks (a mandoline is ideal for this)
- Lime wedges and aioli* (garlic mayonnaise, which is available at selected supermarkets and delis), to serve

Cookbook of the Week

Make it snappy!

While you may not always want to judge a book by its cover, this time go right ahead. True to its cover and title, Quick Smart Cook by Valli Little is packed with ideas when you're short on time and dishes that help to reduce the stress of entertaining.

The book features 120 recipes and photography in an easy-to-follow format.

Whether you're a novice looking for easy techniques or a seasoned cook seeking new ideas, the book will help to inspire your culinary repertoire.

Among the recipes are Panzanella Salad, Thai Lobster Curry, Maple-Glazed Duck, Moroccan Cottage Pie, Vegetarian Chili in Avocado, Carrot Cake and Swedish Apple Cake. METRO

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Genevieve Gorder hit the real estate jackpot. After a decade in her New York City apartment, the HGTV host, who had outgrown the space, found out the unit next door was on the market. "It's the New York dream," exclaims Gorder, who bought the neighbouring apartment and spent 18 months combining the two spaces to create the perfect home for her and daughter, Bebelle. "The chapters of your life keep evolving and our home so rarely catches up to where we are," explains the interior designer. "It had been almost eight years since I renovated so it was time on many levels. I had had a child since I had renovated, I had a marriage, I had a divorce, I've had different jobs. I just wasn't the same woman that I was from when I first renovated." For those of us that don't have a blank slate, but still want to freshen things up for 2015, Gorder offers these tips

TINA CHADHA
Metro in New York City

Fresh ideas to wake up your decor

Attack your shelves

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from your bookshelves to your closet."

Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert.

Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection.

"Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. Use them as surfaces to add objects like a little vase or a picture frame.

"You then create these little waves of pause and crazy within your bookshelf which keeps them interesting and keeps you moving across them," she says.

DAVID A. LAND/HGTV MAGAZINE

"Bookshelves are one of the most beautiful spaces in our homes." HGTV host Genevieve Gorder

Liven up the walls

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes."Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black."

Want to have more fun with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."

DAVID A. LAND/HGTV MAGAZINE

MYRNA SUAREZ/SANUS

"You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well."
Genevieve Gorder

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder.

"It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well."

But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says.

"Once you invest that initial couple of hours your house starts working for you and that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is really warm when I get home."

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SPORTS 4

Corrado 'deserves his chance to play'

Canucks prospects report. Young D-man's goal in Tampa shows confidence in his game

CAM TUCKER
cam.tucker@metronews.ca

At some point, and it appears sooner rather than later, it stands to reason Frank Corrado is going to graduate from the label of prospect to full-time NHL defenceman.

Corrado turns 22 years old in March, and has appeared in 22 games for the Vancouver Canucks since making the jump from junior, to the American Hockey League, to the NHL within that impressive span of a few weeks two years ago.

Not bad for someone who went overlooked through four rounds of a draft and landed with Vancouver as the 150th overall selection.

On Tuesday, as the Canucks were unable to get much of anything going against the Tampa Bay Lightning, it was Corrado who took the opportunity to join the rush and was rewarded for going to the net with a goal — the second of his NHL career.

The initiative from Corrado shows the confidence he has in his game, which we've seen glimpses of during his previous recalls in the past.

The goal at least got the Canucks on the board, to the point where another quick one put them suddenly right back into the game.

It didn't stay that way.

The Canucks wasted a 5-on-3 opportunity shortly after the Corrado goal, lost to the Lightning — the leaders in the Eastern Conference as of Wednesday — and come home for the all-star break after a five-game road trip with a 3-2 record.

Corrado, who had a year of his entry-level contract spent in 2013 when the club played him in all four games in the post-season, seems to have left an impression with head coach Willie Desjardins during this road trip.

"We wanted to get a chance to look at him and we made some room just to find out where he's at," Desjardins told reporters in Tampa Bay.

"He deserves his chance to play."

Frank Corrado's second career goal was scored against the Lightning's Ben Bishop in the Canucks' 4-1 loss on Tuesday night. CHRIS O'MEARA/THE ASSOCIATED PRESS

Out indefinitely

Bieksa requires surgery on hand

The Vancouver Canucks will be without Kevin Bieksa for the foreseeable future, as the team announced Wednesday afternoon that the veteran defenceman has a hand injury that requires surgery.

The club stated via Twitter that Bieksa, who suffered the injury blocking a shot in Tuesday's loss at Tampa Bay, is out of the lineup indefinitely.

Bieksa, 33, ranks second on the team in ice time per game, behind only Alex Edler.

MLS

Whitecaps land experienced centre back in Kah

It's been a focus for the Vancouver Whitecaps all winter, and on Wednesday the local Major League Soccer club continued to add to the centre back position.

The Whitecaps announced the signing of free agent Pa-Modou Kah, who previously spent the past two seasons with the rival Portland Timbers.

Head coach Carl Robinson has made it clear he'd like to have a minimum of five centre backs on his roster, and suggested last week that the Whitecaps were looking to add a player with MLS experience at that position on their roster.

"Kah is an athletic centre back with a wealth of experience, both in MLS and abroad," said Robinson in a statement. "Not only does he bring experience, but also great character, and that will be equally important to our team."

"I'm looking forward to meeting the team and playing in front of the fantastic fans at BC Place," added the 34-year-old Kah. "Vancouver has a great team that is heading in the right direction and I will do everything I can to help."

CAM TUCKER/METRO

Pa-Modou Kah THE ASSOCIATED PRESS

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Time to consider splitting up twins

THE HOCKEY NEWS
Matt Larkin
vancouver@metronews.ca

One brother stands six-foot-two and weighs 188 pounds. The other is six-foot-one, 187. They're virtually indistinguishable, their DNA identical, though the height gene must've gotten smudged in the Xerox. Seeing Henrik and Daniel Sedin compete in tandem, cycling the puck like no others, has been a joy over their 13-1/2 NHL seasons together. The sport has generally celebrated their sameness.

But one set of virtually identical numbers between the twins sets off alarm bells this season: goals, assists and points. Henrik: nine goals, 29 assists, 38 points in 45 games. Daniel: nine goals, 30 assists, 39 points. Something isn't right when both stat lines look like Henrik's typical handiwork. He's the playmaker, Daniel's the goal scorer. What's happening here?

It's business as usual for Henrik, one of the very best raw passers of his generation. He averages 3.36 assists for every goal in his career and is on pace for a final stat line of 16-53-69. Very "Henrik" and it qualifies as a perfectly acceptable bounce-back season from last year's 50-point flop considering he's 34.

But Daniel averages 1.67 assists for every goal in his career. The reason why he and Henrik have always worked so well together? One thinks pass, the other thinks shoot. Henrik's career high is 29 goals and he's only even scored 20 twice. Daniel? Eight 20-goal efforts, six straight seasons matching or exceeding Henrik's best goal mark, four 30-goal campaigns and a 41-goal season.

Falling in the ranks

192

Daniel Sedin's NHL rank in shots-for percentage when he's on the ice (52.4 per cent). He peaked at 74th in 2009-10 (54.5 per cent).

Daniel hasn't been bad this season, but something has changed in his game. Two words: Duncan Keith. The Blackhawks defenceman ended Daniel's 2012 regular season with a controversial blow to the head. Since then, including the playoffs, Daniel has 37 goals in 171 games. That puts the one-time sniper at an 18-goal full-season pace since then. At first, we could attribute some of it to bad luck, as Daniel's shooting percentage declined and his shots per game remained relatively stable. This season, however, his 2.36 attempts per game are his lowest since 2003-04.

So what's the point of sharing all this? If Daniel has morphed into Henrik, be it because of more tentative play after the Keith hit or simple bad luck, are they suddenly redundant as linemates? Would Daniel be better served operating as a playmaker on Vancouver's struggling second line? Especially when Radim Vrbata has worked nicely as a triggerman on the first unit?

The Canucks can't be a one-line team, and it's not like that first line has been so dominant that it can't be broken up, so does Willie Desjardins have much to lose by splitting up the twins for half a dozen games as an experiment?

Henrik and Daniel Sedin are practically identical in many ways —including their stat lines for the season. GETTY IMAGES FILE

Australian Open

Pospisil endures injuries to move onto third round

Canadian Vasek Pospisil struggled with injuries on the way to a 6-7 (3), 7-6 (4), 6-3, 6-4 defeat of Italy's Paolo Lorenzi on Thursday to reach the third round of the Australian Open for a second consecutive year.

Vancouver's Pospisil, ranked 60th, duplicated his best Grand Slam showing with the win, which took just over three and a half hours. He had won a five-setter on Tuesday and then played doubles a day later in a full program at the first major of the season.

Pospisil advanced with 22 aces despite getting treatment on court at various times for leg and back issues.

He next faces Spain's Guillermo Garcia-Lopez.

THE CANADIAN PRESS

Vasek Pospisil defeated Paolo Lorenzi in four sets Thursday. THE ASSOCIATED PRESS

CFL

Hufnagel named coach of the year

The CFL's best regular-season record and a Grey Cup championship have earned John Hufnagel his second Annis Stukus Trophy.

Hufnagel was named the CFL's coach of the year Wednesday in voting conducted by the Football Reporters of Canada, receiving 43 of the 65 ballots cast. Tom Higgins of the Montreal Alouettes and Chris Jones of the Edmonton Eskimos were the other finalists.

Hufnagel, 63, guided Calgary to a league-best 15-3 record and the Stampeders capped their season with a 20-16 Grey Cup victory over the Hamilton Tiger-Cats.

THE CANADIAN PRESS

NBA

Raptors run out of gas against Grizzlies in 4th Q

Marc Gasol scored 26 points, Zach Randolph had 19 points and 13 rebounds, and the Memphis Grizzlies beat the Toronto Raptors 92-86 on Wednesday night.

The Grizzlies broke open a close game with a 13-3 run midway through the fourth quarter. There were 14 ties and six lead changes for the night.

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Do not get emotional about money. Yes, of course, it's nice to have enough of the stuff not to have to worry about paying the bills but at the end of the day it's still just coloured paper.

♉ Taurus
April 21 - May 21
A friend may be holding out on you in some way, but is it important? Pretend not to notice. If a small victory makes them happy, let them have it.

♊ Gemini
May 22 - June 21
Someone more experienced than you will take you under their wing and teach you a number of things worth knowing. Amazingly they won't ask for a favour in return.

♋ Cancer
June 22 - July 23
Don't worry if you fall behind in your schedule because you will catch up with ease tomorrow when Saturn compels you to act. It's nice to be on top of your work but it's no big deal if you waste time occasionally.

♌ Leo
July 24 - Aug. 23
Where money matters are concerned push personal feelings to one side and do what's best for your long-term interests.

♍ Virgo
Aug. 24 - Sept. 23
Don't make any hard plans for the next 24 hours because they will change. If a partner insists that you change direction, agree with them. Be flexible.

♎ Libra
Sept. 24 - Oct. 23
If you restrict yourself to one way of completing a task you will get bored and either do a poor job or give up on it. Keep yourself interested by varying your routine.

♏ Scorpio
Oct. 24 - Nov. 22
You won't find it hard to get things done today but try to remember that not everyone is as motivated as you. It gives you an excuse to work on your own, which you prefer.

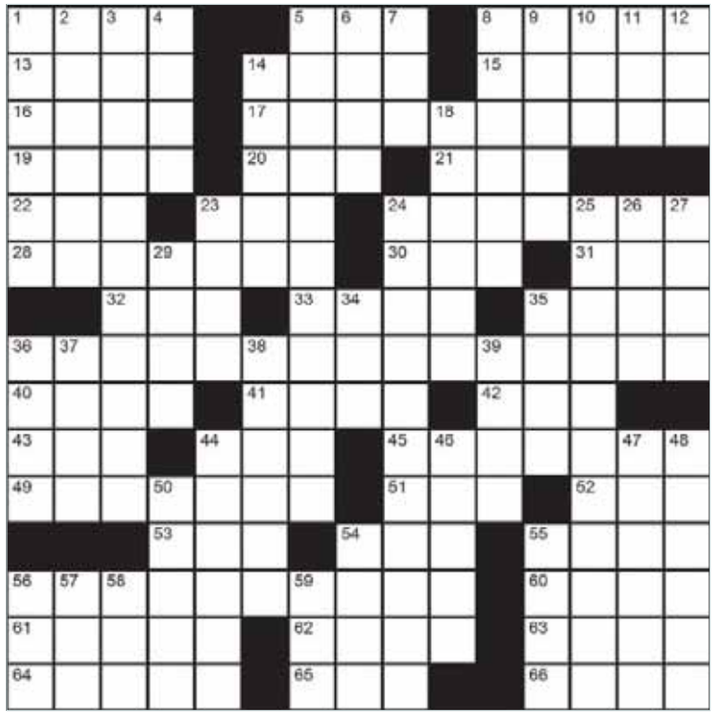
♐ Sagittarius
Nov. 23 - Dec. 21
You may have a thousand and one issues to deal with but you must still find time to let loved ones know they mean the world to you. Remember, it's not about "me" it's about "us".

♑ Capricorn
Dec. 22 - Jan. 20
No one expects you to be perfect, so why do you expect it of yourself? If you have made some kind of mistake then hold your hand up and admit it.

♒ Aquarius
Jan. 21 - Feb. 19
If you want someone to do you a favour you are going to have to flatter them, even though they don't deserve it. Keep your real thoughts to yourself.

♓ Pisces
Feb. 20 - March 20
Make it your aim over the next few days to finish something you started a long time ago. You may have to shut yourself away but focus and get it done.

Crossword: Canada Across and Down by Kelly Ann Buchanan



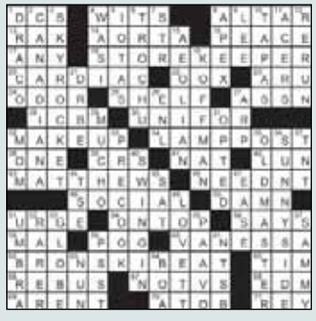
Across

1. Somewhat, musically
5. Puget, e.g.
8. Rapper whose 2007 album 'Epiphany' reached number one
13. German industrial region
14. Hoover Dam lake
15. Convey
16. 'Hypn' suffix
17. Grooming for guys
19. The Who's "__ O'Riley"
20. Wine classification, with Grand
21. '_' __ for Richelieu
22. Certain consciousness
23. T.O. Raptors home
24. Mount of the Muses
28. German: German
30. 'Fact' finisher
31. Canadian broadcaster Mr. Lewis
32. Angelina Jolie flick
33. Yore
35. The __ (Hamilton's daily newspaper, commonly)
36. Drama series starring Steve Buscemi set during Prohibition-era Atlantic City: 2 wds.
40. "You Can Count __ __" (2000)
41. Actor, Michael __
42. Asleep
43. Adriatic __
44. Chg. card percentage
45. Catch
49. Michael __ (Newfoundland author of current novel Sweetland)
51. Li'l digits
52. Captain's record
53. Mo. after March
54. Ms. Messing, briefly
55. Wound's remnant
56. 1982: Top 40 song for Frank Zappa and his daughter Moon Unit: 2 wds.
60. Obscure
61. The Miracles' "You Really Got _ __ on Me"
62. Advantage
63. Mr. Redding
64. Expire
65. Mattel product
66. Views

Down

1. Examined
2. Electricity problem
3. City in the Nord-du-Quebec region of La Belle Province
4. Sea wolf
5. Type of rescue operation: 2 wds.
6. Mork's greeting, when doubled
7. Initials-sharers of Rhea Perlman's hubby
8. 1836: The Backwoods of Canada
author, Catharine Parr __ (b.1802 - d.1899)
9. Particular pop
10. Ms. MacGraw
11. Sir McKellen
12. NFL team on the East Coast [acronym]
14. Old Rome's 2300
18. Make
23. "Take _ __ song..." - The Beatles, "Hey Jude"
24. Canadian petroleum company (with a dog logo) headquartered in Calgary: 2 wds.
25. Ottawa: 2 wds.
26. Finished
27. Kind
29. Lose steam
34. Calgary, __.
35. Made the wool
36. Pear variety
37. Niner - Eighter = Er, what?
38. Ontario: Niagara-on-the-Lake establishment
39. Toronto neighbourhood, __ Park
44. Hold back
46. Stately
47. Rock tour profession
48. Go forth
50. Retail complexes
54. "White Flag" songstress
55. Sandal, for one
56. __-d'Or, QC
57. '80s group
58. Crop
59. Acquire

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	9	2	5	1	7	6	8
1	8	7	3	9	6	5	2	4
5	2	6	7	8	4	3	1	9
6	9	2	1	4	5	8	3	7
3	4	1	8	7	2	6	9	5
8	7	5	9	6	3	1	4	2
2	1	8	5	3	9	4	7	6
7	6	3	4	2	8	9	5	1
9	5	4	6	1	7	2	8	3

Today's Sudoku

	5	3				7	9	
			7	4	6			
		7				1		
9	1		3		5		2	7
6								3
3	7		6		9		1	4
		8				5		
			8	5	2			
	4	9				3	8	

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HWY / CITY 100KM^ : 5.3L/8.0L

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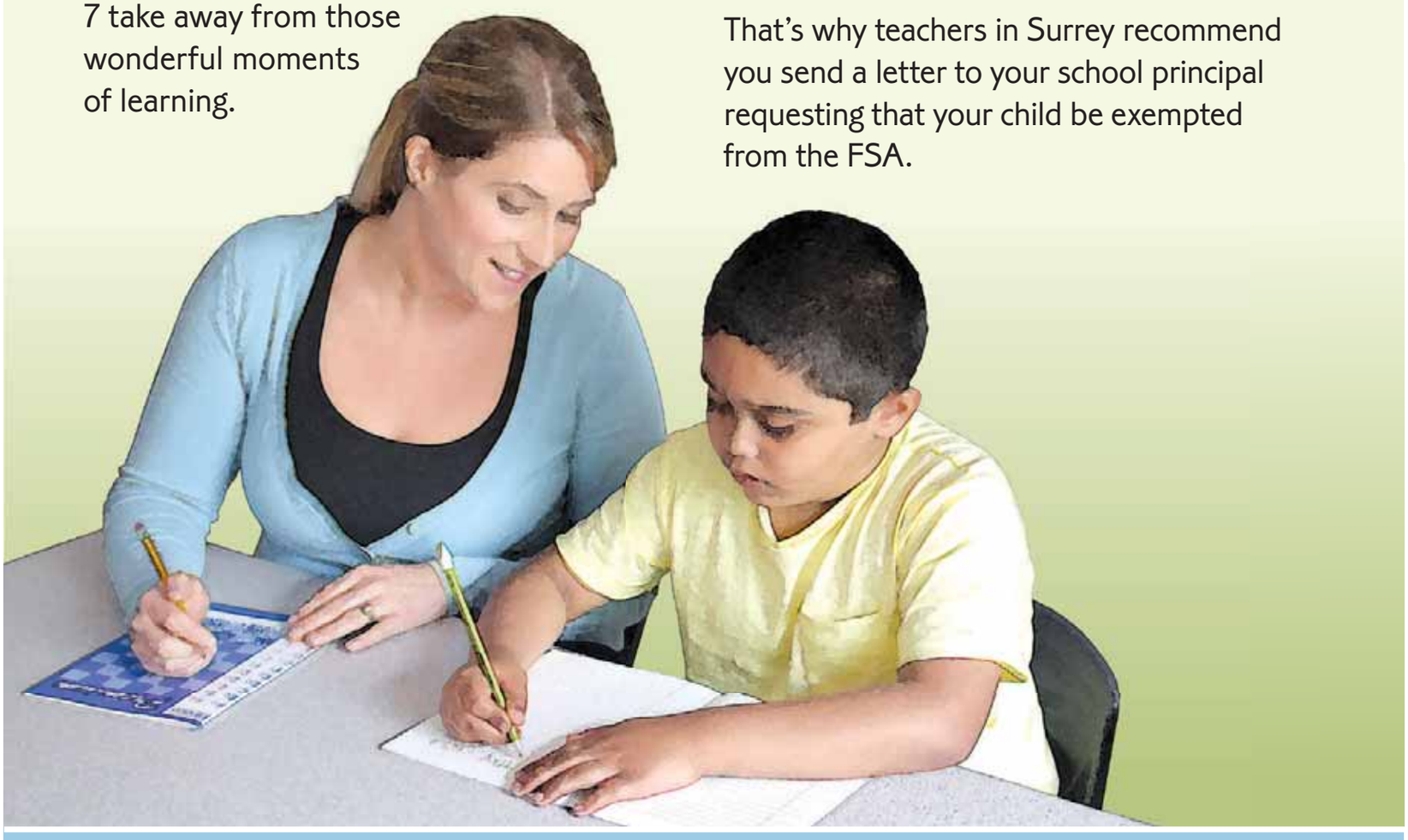

A message from the Surrey Teachers' Association